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NO CRACK IN T.O. MAYOR'S ARMOUR

DESPITE DRUG ALLEGATIONS SWARMING AROUND HIM AND HIS FAMILY, ROB FORD VOWS TO SEEK RE-ELECTION

PAGE 6

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The fate of the St. Charles Hotel may be decided at Monday's downtown development committee meeting. BERNICE PONTANILLA/METRO

Historic hotel is still waiting for Mr. Right

St. Charles. Century-old building needs an owner who appreciates it, heritage group says

Matchmaker

"I'm optimistic. It's a beautiful landmark building that will have great success with the right owner."

Cindy Tugwell, executive director of Heritage Winnipeg

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The City of Winnipeg's proposed takeover of a downtown landmark is being lauded by the head of a group tasked with preserving the city's historic buildings.

Cindy Tugwell, executive director of Heritage Winnipeg, said the St. Charles Hotel, which opened in 1913, is the "gateway" to the west Exchange District and therefore needs an owner who will appreciate its historical significance.

"Heritage Winnipeg would be willing to work with the city, work with a new owner, whoever it will be," she said.

Ken Zaifman, the owner of the hotel at 235 Notre Dame Ave., appeared before the city's downtown development committee in January to appeal a recommendation to declare his property derelict.

His appeal failed, and he was given 60 days to install a fire suppression system.

Zaifman argued in January that his building does have fire monitoring, but a fire-suppression system would cost him between $130,000 and $150,000. The system would then have to be pulled out if the interior is redeveloped.

However, a city report to be presented at Monday's downtown development committee meeting states that an enforcement officer inspected the property on April 3 and found it was still not in compliance with the vacant buildings bylaw.

Tugwell said the process against Zaifman has been "very fair" and "very thorough."

"The building wouldn't even be taken from him if he'd put in a sprinkler system," she said, adding that the building will likely fall under the care of CentreVenture.

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Convention.
NDP try to put positive spin on PST

The decision by Manitoba's governing New Democrats to raise the provincial sales tax has angered many voters. But far from shying away from it, the party plans to use it as a positive in the next election campaign.

"Making this decision ... actually gave us a huge opportunity, as in a way, it smoked out (Opposition Leader) Brian Pallister a little bit earlier than anticipated," Liam Martin, chief of staff to Premier Greg Selinger, told the NDP's annual convention Saturday in Brandon.

Recent opinion polls suggest the NDP is struggling after 13 years in power. The government has raised taxes and fees in the last two budgets and has pushed back its plan to balance the budget by two years, to 2017.

Delegates debated more than a dozen resolutions Saturday and voted down a proposal to change the way the party elects its leaders.

The provincial council recommended the NDP abandon its delegate system for leadership votes and instead allow every party member a vote.

Bob Dewar, one of many party members to speak against the idea, said the delegate system allows for a more informed election.

"You have one member, one vote, somebody sitting in their living room, putting an x, maybe not getting the information on the leadership candidates," Dewar said. "When you come to convention (as a delegate), the leadership candidates are all there. You get to see them, speak with them, and then make up your mind."

THE CANADIAN PRESS

Sunday's the day the teddy bears had their picnic

Teddy surgeons Michael Narvey and his son Adam, 4, look after a sick stuffed kitty in the surgical tent at the Teddy Bears' Picnic Sunday afternoon. Thousands came out with their teddy bears in tow for the 27th annual fundraiser for the Children's Hospital Foundation of Manitoba. SHANE GIBSON/METRO

MTS sells Allstream for $405M to Cairo co.

Manitoba Telecom Services Inc. $130M of the proceeds will go to pension, $70M to debt

Manitoba Telecom Services Inc. has agreed to sell its Allstream business telecommunications arm to an Egyptian investment group and use about half of the $405 million in proceeds to reduce its pension obligations and debt.

MTS, which operates Manitoba's largest telecommunications business, said Friday the money it receives will be used to bolster its already strong position in its home province and tap growth opportunities.

"MTS goes forward as a pure-play telecom with a strong consumer franchise and significant free cash flow to support our dividend," said chief executive Pierre Blouin.

Allstream's buyer is Accelero Capital Holdings, a Cairo-based investment group focused on telecommunications, digital media and technology companies.

Blouin noted MTS is in a unique position because it is the only telecom company in Manitoba to operate in five market segments — wireless communications, phone, Internet, television and home security.

"When you look at our competitors, Bell, Rogers and Telus are there — but for wireless only. And Shaw is there for the home products. But nobody has the same offerings as MTS has today and there's no indication that's changing either."

He said MTS has experienced moderate growth relative to the telecom industry, which has been experiencing a long-term decline in some older types of service such as land line phones.

THE CANADIAN PRESS

Cutting its losses

MTS bought the company in 2004. The Allstream deal has been controversial from the start and the company said Friday that it will recognize a loss of $50 million on a non-cash, post-tax basis.

- MTS expects to realize $405 million from the sale, of which $130 million will be used toward the company's pension plan and $70 million will be used to repay debt incurred in February to meet its pension obligations.

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NO TERRY FOX RUN? NOT ON OUR WATCH!

WHAT'S GOOD
Ace Burpee

You can lock it in. There WILL be a Terry Fox Run this year. The 33rd annual on Sept. 15.

Reports last week regarding the potential cancellation of this year's event were legit, as there was no race organizer or volunteer committee in place for the run. No volunteers means no race.

We now have a committee and organizers in place, and I'm one of them. It was a no-brainer. I'm not on the fence about Terry Fox. He's my favourite. I've been fascinated with him forever. He's my first rock star/hero/role model ... and you don't forget those things.

I most certainly will never forget my dad waking me up from a sound sleep in the back of our '82 Lebaron at 4:30 a.m. on a cold, nasty, rainy, windy morning as we drove through Ontario on our way back to Winnipeg from New Brunswick.

There was Terry, running in the wind and rain. Alone.

It remains one of the greatest things I've ever seen. The image is imprinted on my brain. They don't make them tougher than Terry. I've met his wonderful mother, the late Betty Fox, his brother, Fred, and I've seen and read everything ever made about him.

On top of all this, let's remember that Terry Fox was born in Winnipeg. I'm not certain we've done the best job embracing this as a community, but it's never too late. To not have a Terry Fox Run in Winnipeg would be to fail one of the greatest Canadians ever.

So we won't. The 33rd annual Terry Fox Run is Sept. 15, and it will be awesome. I guarantee it.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

Video link. Canada tests remote video screening at rural border crossings

Motorists entering Canada overnight at some remote border crossings will soon be speaking to a faraway agent via video camera.

The federal government is testing the new technology at two crossings — Piney, Man., and Morses Line, Que. — that are usually closed overnight. If the $16-million, five-year project is deemed a success, the technology will be installed elsewhere.

Public Safety Minister Vic Toews, whose riding includes the Piney crossing, said the remote supervision will not compromise border security.

The initiative will not cut jobs, Toews added. The remote crossings will be staffed as usual during the day and evening. Overnight, instead of being closed, the border will be open via video link.

Motorists will speak to a border agent stationed in Hamilton, Ont. The agent will be able to see the vehicle and the driver, but the driver will not be able to see the agent. Only the audio is two-way.

THE CANADIAN PRESS

A tribute to a Manitoba teen credited with tackling homophobia in a rural town kicked off Winnipeg's Pride Festival at city hall on Friday.

BERNICE PONTANILLA/METRO

Teen praised at Pride flag raising

Congratulated. Steinbach teen Evan Wiens lobbied his school division to promote a gay-straight alliance group

Mayor Sam Katz congratulated Evan Wiens, the Steinbach teen who successfully lobbied his school division to allow him to openly promote a gay-straight alliance student group at his high school.

Wiens has been chosen honorary marshal for the Pride Winnipeg parade on June 2.

Quoted

"Winnipeg is truly a leading city in the LGBT rights movement and Winnipeggers themselves are leaders among our community."
Mayor Sam Katz

"The young man that I think we should all realize stood very tall when it came to the debate on Bill 18, and that's Evan Wiens," said Katz.

Bill 18 is the Manitoba government's proposed anti-bullying law.

"Evan, very much appreciate you being here."

Katz recalled the first Pride march 26 years ago that included 250 people, some of whom were "afraid to show their own faces."

"Twenty-six years later, the Pride Festival has transformed into a 10-day celebration of awareness, acceptance and activism," he added.

"Now 30,000 people of all ages and background join in to celebrate the diversity."

Jonathan Niemczak, president of Pride Winnipeg, said the festival has doubled the number of partners from 2012 and also done a lot of work over the past year to create closer ties with other community groups.

"We've come a long way in the 26 years," said Niemczak, adding Winnipeg is an "amazing city."

"Winnipeg is truly a leading city in the LGBT rights movement and Winnipeggers themselves are leaders among our community."

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Britain. Killing suspect arrested in 2010 in Kenya

A suspect in the savage killing of a British soldier on a London street was arrested in Kenya in 2010 near the East African country's border with Somalia, an anti-terrorism police official said Sunday.

Michael Adebolajo was believed to have been preparing to train and fight with the al-Qaida-linked Somali militant group al-Shabab in 2010 when he was arrested with five others, Kenya's anti-terrorism police unit head Boniface Mwaniki told The Associated Press.

Mwaniki said that the suspect was then deported. However, Kenya's government spokesman said he was arrested under a different name and handed to U.K. authorities.

"Kenya's government arrested Michael Olemendis Ndemolajo. We handed him to British security agents in Kenya and he seems to have found his way to London and mutated to Michael Adebolajo," spokesman Muthui Kariuki said. "The Kenyan government cannot be held responsible for what happened to him after we handed him to British authorities."

Kariuki said Adebolajo was travelling on a British passport, but he could not confirm if it was authentic.

British soldier Lee Rigby, 25, was run over and stabbed in the Woolwich area in southeast London on Wednesday afternoon as he was walking near his barracks.

Adebolajo, 28, and Michael Adebowale, 22, are suspected in the killing and remained under armed guard in separate London hospitals after police shot them at the scene.

Adebolajo's friend asserted in a BBC interview that Adebolajo became withdrawn after he allegedly suffered abuse by Kenyan security forces during interrogation in prison there.

THE ASSOCIATED PRESS

France

Cops hunting for man who stabbed soldier in throat

French anti-terrorism investigators were searching Sunday for a man who stabbed a soldier in the throat in the commercial district of La Defence outside Paris.

The 23-year-old soldier, Cedric Cordier, was in uniform patrolling the busy underground corridors beneath the famous Arch of La Defence.

Saturday's stabbing came days after a British soldier was hacked to death on a London street in a suspected terrorist attack that has raised fears of potential copycat strikes. However, there was no immediate confirmation of any link between the two attacks.

Cordier remained hospitalized Sunday but officials said his throat wound wasn't life-threatening.

France's defence minister said Cordier was targeted because he was a soldier.

Speaking shortly after the attack, French President Francois Hollande said that while "all hypotheses" will be investigated, there didn't appear to be a link with the attack in London.

THE ASSOCIATED PRESS

U.S. President Barack Obama is greeted as he tours a tornado-affected area Sunday in Moore, Okla. Obama is in the Oklahoma City area to survey damage from last week's tornado and to meet with victims and first responders. MANDEL NGAN/GETTY IMAGES

Obama visits Okla. tornado victims

Consolation. President offers federal support in rebuilding efforts

U.S. President Barack Obama flew to tornado-ravaged Oklahoma Sunday, offering moral and monetary support to people still reeling from lost lives and shattered neighbourhoods. He told survivors, "You've got folks behind you" across America.

Standing with Oklahoma Gov. Mary Fallin and other state and federal officials amid the devastation wrought by the monstrous tornado, Obama said, "A picture's worth a thousand words." He said the rebuilding job will be enormous and "we're going to be with you all the way."

"Our hearts go out to you," Obama said, noting the loss of life and some 1,200 homes. He urged the American people to pitch in and help, saying that in instances such as this, the president serves as a "messenger" for all citizens, bringing words of condolence, promises of government assistance and pleas for private contributions.

Twenty-four people, including 10 children, died when the tornado hit last Monday.

The extraordinarily powerful twister was known as an EF5, ranking it at the top of the enhanced Fujita scale used to measure tornado strength.

Obama rode past fields strewn with scattered debris, witnessing devastation so awesome it appeared as if garbage had rained from the sky. His first stop was the demolished site of the Plaza Towers Elementary School, where seven students were killed when the tornado turned the building into a heap of bricks, broken concrete and twisted metal.

THE ASSOCIATED PRESS

FEMA response

The Federal Emergency Management Agency's contributions:

- 450 FEMA personnel on the ground
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Ford brothers add a little smack talk to crack talk

Drug allegations. Toronto mayor and councillor use radio show to bash accusers

The embattled mayor of Toronto took control of the narrative surrounding allegations of crack-cocaine use, vowing Sunday not to let media "maggots" interfere with his mayoralty.

Rob Ford used his weekly radio show to decry his critics, tout his own political record and confirm his intention to seek re-election.

He even lamented the loss of his volunteer high school football-coaching job, a development his brother, who joined him on the airwaves, suggested may have been influenced by higher political forces.

Ford's confidence was a departure from the evasion seen ever since reports of a video that allegedly shows him smoking what may be crack cocaine.

"No matter what you say ... to the media, you're never going to make them happy," Rob Ford said on NewsTalk1010.

Ford — who has faced calls to step down in recent days — added he plans to start campaigning for the next municipal election as soon as possible.

The mayor's brother, Coun. Doug Ford, found himself under scrutiny as well after a Globe and Mail article on Saturday claimed he dealt hashish for several years in the '80s — allegations he has denied.

"I never start a fight, but when someone ... tries to attack your credibility, your character, try to go after your family's character ... I go swinging back," he said.

"Journalism in my opinion has sunk to an all time low."

THE CANADIAN PRESS

Toronto Mayor Rob Ford arrives at a radio station on Sunday for his weekly radio program with his brother Doug. Allegations that the mayor might have been filmed smoking crack cocaine have attracted international media attention and inspired late-night TV jokes. AARON VINCENT ELKAIM/THE CANADIAN PRESS

CSIS kept quiet on spy to protect own secrets

Jeffrey Delisle pleaded guilty to violating the Security of Information Act and was sentenced to 20 years in prison in February. THE CANADIAN PRESS FILE

Canada's spy agency clandestinely watched a navy officer pass top secret information to Russia for months without briefing the RCMP — a previously unknown operation that raises questions about whether Jeffrey Delisle could have been arrested sooner.

The Canadian Press has learned that the FBI alerted the Canadian Security Intelligence Service (CSIS) to Delisle's illicit dealings with Moscow well before the Mounties took on the file in December 2011.

CSIS ultimately decided not to transfer its thick Delisle dossier to the RCMP. The spy agency, acting on legal advice, opted to keep its investigation sealed for fear of exposing a trove of Canadian and U.S. secrets of the intelligence trade in open court proceedings.

In a bizarre twist, it fell to the FBI — not CSIS — to send a letter to the RCMP spelling out how a Canadian was pilfering information, including highly classified U.S. material.

The RCMP had to start its own investigation of Delisle almost from scratch. The delay alarmed and frustrated Washington as the leak continued.

At one point the Americans, eager to see Delisle in handcuffs, sketched out a Plan B: Luring the Canadian officer to the U.S. and arresting him themselves, perhaps during a stopover en route to a Caribbean vacation.

THE CANADIAN PRESS

Reactions

Intelligence historian Wesley Wark, who served as an expert witness at Delisle's sentencing, said confirmation would be "scandalous."

- According to Delisle's lawyer, it also flags concerns about the government's obligation to disclose everything it knows.

Halifax

Cat lady has over 50 felines taken away

More than 50 cats living in a one-bedroom apartment in Halifax have been taken from their owner.

The Disaster Animal Response Team of Nova Scotia (DARTNS) said it helped remove 51 cats after being contacted by the apartment landlord on Friday.

Catherine Stevens, communication director for DARTNS, said a female senior living in the apartment co-operated as the cats — ranging from newborn kittens to adults — were removed.

"The cats were being fed and watered … there are no cats abused," she said.

"She thought she was doing a great job (by caring for them), as most hoarders do," Stevens added. "It's somebody trying to do a good thing, but it goes bad."

A temporary shelter has been set up in Halifax, and volunteers from DARTNS are now taking care of the cats. Stevens said after the SPCA examines the animals in the coming days — and they are spayed and neutered — they will be put up for adoption. METRO IN HALIFAX

Resident evil

Man sleeping on bloodied ground at Magnotta's old flat

Tenants in a Montreal apartment block have made their home at the scene of one of Canada's most notorious slayings — the former abode of accused killer Luka Rocco Magnotta.

Superintendant Eric Schorer lost tenants from around 10 units shortly after the incident. Magnotta's former home remained vacant for over half a year.

Schorer described the apartment's first post-Magnotta tenant as a student who moved out without giving a reason. He doesn't know whether he ever learned about what happened there.

He doesn't think the current tenant, whom he described as a foreigner, knows anything about its past.

"We don't advertise it, obviously," said Schorer, who has fully renovated the unit.

"The only problem ... is people who are afraid of ghosts."

THE CANADIAN PRESS

France gay marriage law still draws protests

Same-sex marriage protesters from the anti-gay marriage movement La Manif Pour Tous demonstrate on Sunday in Paris, France. The gay marriage law came into force more than a week ago, but organizers decided to go ahead with the long-planned demonstration to show their continued opposition. Police estimated around 150,000 people took part in the demonstration, but march organizers claimed on their Twitter account that more than a million people did. A similar protest in March drew about 300,000. ANTOINE ANTONIOL/GETTY IMAGES

Pope makes Mafia an offer they can refuse

Martyr. Francis calls on 'Mafiosi and Mafiose' to convert to God as he hails priest slain by mobsters 20 years ago

Pope Francis greets the faithful after celebrating Sunday Mass at the church of Saints Elisabetta and Zaccaria on the outskirts of Rome, the first parish he has visited in the city. GREGORIO BORGIA/THE ASSOCIATED PRESS

Pope Francis paid tribute to a courageous priest murdered by the Sicilian Mafia as a martyr and urged mobsters on Sunday to abandon their evil ways, particularly the exploitation of people in trafficking rackets such as prostitution.

Francis issued his call to organized crime members to convert their hearts, a day after the beatification of the Rev. Giuseppe "Pino" Puglisi in Palermo. The Vatican honoured Puglisi as a martyr in the ceremony, 20 years after he was slain in the city by mobsters for defiantly preaching against the Mafia in a neighbourhood where Cosa Nostra held sway.

Puglisi was gunned down a few months after Pope John Paul II made a pilgrimage to Sicily and angrily called on mobsters to "convert" their hearts.

"Let us pray that these Mafiosi and Mafiose convert to God," the Pope said, using the Italian words to indicate both male and female mobsters. Women have increasingly been playing command roles in Italy's organized crime world as crackdowns see many of the male mobsters jailed for long terms.

Puglisi worked in one of Palermo's poorest and roughest neighbourhoods, trying to give hope and options to young people, often recruited by Cosa Nostra for drug pushing, numbers running and other jobs in the mob's illicit activities.

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Myth of the maple moola: Dozens ask BoC if new bills have syrup scent

Scratch 'n' sniff secret? Correspondence shows Canadians contacted central bank to inquire whether polymer notes have a whiff of érable

The penny may be history, but some Canadians suspect the Bank of Canada has been circulating a new scent along with its plastic bank notes.

Dozens of people who contacted the bank in the months after the polymer notes first appeared asked about a secret scratch-and-sniff patch that apparently smells like maple syrup.

"I would like to know ... once and for all if these bills are in fact scented, as I do detect a hint of maple when smelling the bill," says a typical email from a perplexed citizen.

Good enough to eat with pancakes? Finance Minister Jim Flaherty holds a new polymer $100 bill in this 2011 file photo. Rumours about maple-scented bills began soon after the $100 note, which was the first of the plastic banknotes to be introduced, began circulating in late 2011. Now, correspondence shows many Canadians have gone to the trouble of contacting the Bank of Canada to ask if the rumours are true. THE CANADIAN PRESS FILE

Said another: "They all have a scent which I'd say smells like maple? Please advise if this is normal?"

Under the Access to Information Act, The Canadian Press obtained a year's worth of correspondence to the Bank of Canada from ordinary Canadians about the new currency. Names were withheld to protect privacy.

For the record, bank official Jeremy Harrison says no scent has been added to any of the new bank notes.

The maple mystery was born soon after the first polymer note — the $100 bill — was released in November 2011, and has persisted in cyberspace on YouTube videos, blogs and tweets.

THE CANADIAN PRESS

Folks who need hobbies

Help! My money lost its smell

A few people were so convinced about the fragrant funds that they actually complained to bank officials that some of their new plastic notes were odour-free. "The note ... lost its maple smell," said one writer. "I strongly suggest the Bank increases the strength of the ... maple smell."

Another cited an alleged scratch-and-sniff area on the new $100 bank note: "I could smell the scent once but not all the time. ... I bet a couple friends and cannot find proof, is it just me?"

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Instead, just head down to your local school, where a squadron of SUVs is off-loading an army of backpack-clad children every morning as part of a chaotic battle that pits time-crunched parents against 10-year-old crossing guards.

For schools that have drop-off loops in front, the line of waiting vehicles can sometimes stretch a couple of blocks.

Of course it would be much quicker to just hop out of the car and walk, but — irony alert! — parents are concerned about safety, given the amount of traffic near the school.

Active Health Kids Canada (AHKC) addressed this issue last week in its annual report card on physical activity for children, and found that just 28 per cent of our nation's kids walk or ride their bikes to school on a regular basis.

Now, I don't want to get into one of those When I Was Young stories, but ... when I was young I never got driven to school.

From about age six, my friends and I would walk or ride by ourselves down a wooded trail that was popular with skunks and foxes. Oh, and there was usually a giant bear trap at the halfway point.

Granted, I grew up in a small town where parents didn't worry about imaginary criminals and weirdos on the prowl. On the other hand, actual bears were on the prowl!

Of course modern parents live in fear of criminals, weirdos, bears, snow, rain, pollen and dozens of other things, and think driving their kids everywhere will ensure their safety. But what about their long-term health?

The AHKC survey also found that less than seven per cent of school-age children are getting the minimum amount of daily exercise suggested by the Canadian Physical Activity Guidelines. Getting more kids walking or riding to school would go a long way toward fixing that problem.

There are a few things that government can do to help. Cities can ensure all neighbourhoods have proper bike and pedestrian infrastructure and provinces can build new schools where they're needed, even if that means closing down old ones in areas where the population has changed.

But mostly this is on the parents.

Encourage your kids to walk or ride to school, and get together with other families to form a walking bus or group ride if you're worried about safety. Even if the distance to your child's school requires driving, then avoid the chaos out front by parking a few blocks away and walking the final leg.

Do it for your child's physical health, and for your mental health as well.

After all, by teaching kids a "walk or bike first" approach when they're young, you might save yourself from being driven mad by requests to borrow the car or get chauffeured around when they get older.

ZOOM

Do you know if your food is kosher?

GERRY BROOME/THE ASSOCIATED PRESS

Certification makes its mark in the mainstream

Rabbi Pinchas Herman inspects machinery used for enzyme production for kosher products at Novozymes North America Inc., in Franklinton, N.C.

The inspection is an example of how the centuries-old dietary code of observant Jews is adapting to its role as a mark of quality in the global food and drinks industry.

Albany Law School professor Timothy Lytton says some consumers like knowing that someone is performing additional checks now that food is a complex global enterprise. METRO

Guidelines

Kosher describes foods that meet dietary laws based on the Old Testament.

- Pork and shellfish aren't allowed, but cattle and finned fish are. Blood must be drawn out of meat before it's eaten. Meat and milk can't be mixed.

Industry size

$15.3B

U.S. sales of kosher prepared foods, meat, fish and dairy topped $12.5 billion in 2008, according to market research firm Mintel. That was projected to grow this year to about $15.3 billion as more and more existing products join Oreo cookies and Tootsie Rolls in becoming certified, the firm said.

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I have yet to invest any money into a Kickstarter campaign, but after learning about some of the great board games that began as crowd-funded success stories, I know where I'm going to start looking. Here are three I'm keeping an eye on.

Euphoria: Build a Better Dystopia

A European-style strategy game based around resource collection and worker management that is already getting glowing advance reviews. The creators have a previous hit with Viticulture, so if you're into that game or similar ones like Catan and Cuba, this is definitely one you should check out.

Xia: Legends of a Drift System

A sandbox-style space exploration and combat game that is almost absurdly ambitious. The cost of entry is a little steep at $105, but the beautiful design (complete with spaceship miniatures) and play-how-you-want strategy options make jumping in on this campaign very desirable.

Scalawag!

A card game that puts you in command of a warship tasked with bluffing your way to wiping out rival players, this casual game doesn't seem nearly as intimidating as the two above. A $20 contribution gets you a limited edition of the game, and I'm pretty tempted to chip in.

Comments

RE: Decoding Canada's Ongoing 'Skills Crisis,' published online May 25

Look up the skilled labour jobs available — businesses want three to five years experience or more. Did these businesses bother to hire and train staff when the economy was slow? Nope. Businesses are used to the baby boomers being there with all the experience at their fingertips. Nice while it lasted. Someone took a chance on the BBer's 40+ years ago, now step up and train our young Canadians.

ve6 posted to metronews.ca

As a Generation Jones, second cohort baby boomer myself, I say this whole so-called skills shortage issue is a fallacy. Jobs were no easier to find when I was an 18-year-old so why the problem now? Most of the uneducated find it too convenient to blame the boomers for their economic ills without fully understanding the fact that skills education is the key.

catspassgas posted to metronews.ca

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SCENE 2

With back-to-back pop hits Lovato is now radio ready

Fourth album, Demi. The X-Factor judge and talented songstress is making strides in mainstream pop and shaking her Disney tag

Before achieving back-to-back radio hits with Give Your Heart a Break and Heart Attack, Demi Lovato wondered why she had yet to find her breakthrough on the radio.

She knew she had a big voice, and had found success as a Disney Channel star, but something was off.

"I had a moment where I was just like, 'What am I doing wrong? I know I can sing. I know I'm talented. How is it that other artists who don't have my vocals ... (are) on the radio? What's taking so long?'" she said in a recent interview. "And I realized, 'Oh, it's hit songs. You need hit songs.'"

So, Lovato went into the studio and recorded songs crafted perfectly for Top 40 radio. Demi, her fourth album, debuted at No. 3 on the Billboard 200 albums chart this week. It features upbeat, radio-friendly dance numbers and pop ballads about love and relationships.

"We didn't want to put a song on there that was an album filler, so we don't have any songs on there that couldn't be potential singles," the 20-year-old Lovato said of Demi, which features producers and songwriters like Ryan Tedder (Adele, Beyoncé), Priscilla Renea (Rihanna, Selena Gomez, Madonna), and Carl Falk, Rami Yacoub and Savan Kotecha, the trio behind hits for One Direction. (Falk and Yacoub co-produced Nicki Minaj's Starships and Kotecha co-wrote Maroon 5's One More Night and Justin Bieber's Beauty and a Beat.)

Lovato got her first real hint of radio love when Give Your Heart a Break became a hit last year as she was appearing as a judge on the Fox network's The X Factor. The song was from her 2011 album, Unbroken, released months after she left rehab for an eating disorder, self-mutilation and other issues. Though she had a Top 10 hit with Skyscraper, the first single, Give Your Heart a Break, became her breakthrough, selling 1.9 million tracks.

"It was kind of like her coming-out party as a singer," said Sharon Dastur, program director for New York City's pop radio station Z100.

Lovato quickly went into the studio to record her new album, releasing the in-your-face pop jam Heart Attack, which is platinum and has so far peaked at No. 10 on the Hot 100.

"I think there's going to be a lot of radio singles, a lot of hits," said Dastur, naming songs like Without the Love, Neon Lights and Really Don't Care as potential smashes. "And I almost think (the ballad) Warrior could be like a Grammy-nominated song. It's that powerful."

Lovato, who co-wrote most of the songs, said she looked to Kelly Clarkson as inspiration when creating the album.

"A lot of the power vocalists ... they get the respect, but they don't get the recognition with hit songs that they deserve to have, and a lot of pop artists are very talented, but they don't have the vocal capability to really carry on those power ballads," she said. "(Kelly) has that ability to wow you and also get the sound stuck in your head."

Lovato, who starred in the Disney Channel movie Camp Rock and the TV series Sonny With a Chance, said becoming a radio artist has been a top goal.

"All I've ever wanted was my music to be heard and for people to enjoy it," she said.

Her 2008 studio album debut, Don't Forget, achieved gold status. Her albums that followed — 2009's Here We Go Again and 2011's Unbroken — have sold 487,000 and 459,000 units, according to Nielsen SoundScan.

Lovato said releasing Unbroken was a learning process because the album didn't represent her true self.

"I had just come out of rehab ... and I was trying to figure out who I was," she said. "Sometimes I can confuse what I like listening to with what I am, and I think that's what I did on that album. I was listening to a lot of R&B stuff that was on the radio and instead of creating my own style, I kind of subconsciously fell into creating someone else's album, and therefore when you hear it, it didn't make a lot of sense."

Dastur said being on The X Factor has helped Lovato step out of the Disney persona that has trapped others. Lovato, too, is thankful for what the show has done for her career.

"It doesn't hurt when you're releasing music and you're in millions of people's homes every week — twice a week," said Lovato, who will be joined by Kelly Rowland and Paulina Rubio when the singing competition series returns in the fall. "X Factor has helped me make that transition from being the Disney pop singer ... to the mainstream world."

THE ASSOCIATED PRESS

It's a hit!

"It was kind of like her coming-out party as a singer."

Sharon Dastur, NYC radio station Z100's program director.
On what Unbroken represented for Demi Lovato as an album

Demi Lovato doing what she does best. AP PHOTO

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

This week: Kanye will save you, but he can't save the vampire love

STARGAZING
Malene Arpe
scene@metronews.ca

Possible reasons Kristen Stewart and Robert Pattinson broke up. 1) He didn't forgive her for the affair. 2) She was tired of getting sparkles all over the house. 3) Sometimes an awkward relationship just runs its course. 4) Katy Perry may be to blame. 5) The promotion for the last Twilight DVD is over so their contract was terminated early.

The makers of Nutella issue a cease and desist order to the founder of World Nutella Day. That makes no sense. It's as if Justin Bieber issued a cease and desist letter to the founder of World-wide Dumbass Drop-crotch Pants Appreciation Week.

Kanye West's new album will be called Yeezus. The first video from the album will feature Kanye turning water into really irritating, delusional wine with tiny, little leather kilt labels.

Covergirl announces a Hunger Games: Catching Fire collection. For, like, when you're hanging out, starving and wounded and plotting to overthrow a fascist regime and sooo need to look hot.

Andrew Garfield plays basketball with some kids in New York while wearing his Spider-Man costume. Not to be outdone, Kanye West plays bocce with some random senior citizens while wearing a jersey made from the Shroud of Turin.

A man who installed a video camera in his kitchen to film ghosts he believed were in the house instead caught his girlfriend having sex with his son. Said the man, "Weirdly, I feel even more haunted now."

The explicit sex scenes in Lars von Trier's up-coming two-part movie, Nymphomaniac, were created by digitally combining the upper bodies of the actual actors with the, erm, lower part of porn actor body doubles. Sadly, von Trier wasn't able to combine the general attitude of the film's star, Shia Labeouf, with something less annoying.

Ashton Kutcher

Come on, Twitter, you used to be cool

Ashton Kutcher used to be really into Twitter, but now it's been ruined, he griped at a tech conference in Las Vegas, according to CNN.

"For lack of a better verb, the media came in and f—ed it up," Kutcher said. "When I first got on, it felt like the democratization of media. Now it just feels like media. The bigger vision for Twitter when Jack (Dorsey) created it was to empower communication to happen as things were taking place. Now it's just a bunch of companies and people constantly pitching crap."

Dunham not laughing off Girls porn parody

Girls creator and star Lena Dunham is less than thrilled with Hustler's porn parody of the series. "I wish I had a better attitude about the Girls porn parody," she explains via Twitter. "Wracked my brain to articulate why I can't just laugh off a porn parody. Here are three reasons: One, because Girls is, at its core, a feminist action while Hustler is a company that markets and monetizes a male's idea of female sexuality. Two, because a big reason I engage in (simulated) onscreen sex is to counteract a skewed idea of that act created by the proliferation of porn. And three, because it grosses me out."

Lena Dunham ALL PHOTOS GETTY IMAGES

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Book Excerpt

Training don'ts

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

"Oh, just give me that. It's easier if I do it myself." Ack.

Don't ever say these words to a child (or a trainable husband) when they are mid-task.

One of the worst things we can do as managers in our own family is to do the job ourselves instead of training the employee/child to do the job correctly. In corporate speak, this is called "dipping down" or "micromanaging." If we micromanage our kids, the end result is that a: we end up doing everything ourselves while they play video games and eat pizza and b: they don't know how to complete basic household tasks and are ultimately destined to live out their adult lives in our basement, since they'll be too incompetent to hold down a job.

Corporate managers are expected to mentor and encourage growth. Micromanaging is the exact opposite of mentoring, and eventually even the lamest employee will start to resent her manager dipping down and doing the work she is supposed to be doing. While a child might not actively complain about Mom making his lunch when he's 15, he should. The lack of training by Helicopter Parents today is ridiculous. Not only does it cause undue work for the parents, it prevents the child from learning to do the tasks themselves. If you are reading this section while cutting up your six-year-old's chicken, please stop. Do both of you a favour. FROM I AM SO THE BOSS OF YOU. COPYRIGHT © 2013 KATHY BUCKWORTH. PUBLISHED BY MCCLELLAND & STEWART, A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. ALL RIGHTS RESERVED.

Exclusively online

Why is it that babies are obsessed with all things dangerous? Follow along with the comedic (mis) adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

Tinkle time goes high-tech

Potty seats. They flush, they sing, they look like thrones to make it easier for tots and hopeful parents

Potty seats are being designed to entertain. THE ASSOCIATED PRESS/ SAFETY 1ST

For some hopeful parents, summertime is "tinkle time," as in setting toddlers diaperless while potty training. And like many aspects of life with kids, potty training means gear.

The choices in potty seats and chairs proliferated and sprouted all manner of bells and whistles.

Many convert like Transformers to serve multiple functions. One has a voice recorder to add a personal message ("Go Jacob!"). Others belt out happy tunes, have cubbies to stash wipes and books, sport their own toilet paper holders, simulate flushing, look like mini-urinals and are decked out as fancy thrones.

Basic moulded-plastic potties remain popular, high backed or low, in an industry worth more than $50 million in 2011, according to the Juvenile Products Manufacturers Association, a trade group of companies in the U.S., Canada and Mexico.

So who's it all for, parents or little doers trying to figure out Nos. 1 and 2? Whether you decide on "elimination communication," where infants go without diapers earlier than the norm, take a cold-turkey boot camp approach or have a late and reluctant bloomer on your hands, chances are a cheery potty seat is in your future.

"People talk about potty training more. Before it was something you just got through, you know. You just did it," said Angie Peterson, marketing director for Levels of Discovery, a company that puts out painted wood potty thrones for up to $83 a pop.

So, potty seats just keep on coming, said Narmin Parpia, whose RNK Innovations makes ones akin to ride-on toys.

"Isn't it crazy? The idea is to keep the child amused while they're on there, just to keep them entertained while they sit and wait for things to happen. I think moms today are expecting it to be easy and it isn't always as easy as they think it is," she said.

Heidi Murkoff, who wrote the pregnancy bible What to Expect When You're Expecting isn't a huge believer in busy potty chairs.

"Bells and whistles, and musical potty seats, are never necessary. Clearly babies have mastered potty proficiency for generations without them," she said. "They just make the process more fun. But the bottom line: What kind of seat you put that cute little bottom on matters far less than how ready your toddler is to start potty training."

There's not a one-size-fits-all approach to potty training gear, even within families, but some basic choices in seat type exist.

There's the standalone, which has to be dumped and cleaned, or an insert for the adult potty that makes the hole smaller and potentially less foreboding.

If you choose a freestanding potty, make sure it's sturdy enough not to tip over or slosh too much, advises Whattoexpect.com. Consider crevices that will have to be cleaned.

Prioritize features: Do you need one that doubles as a travel potty? Do you plan on restricting training to a small bathroom?

In any case, take your tot shopping with you for a potty to build excitement, Murkoff said. THE ASSOCIATED PRESS

Choices, choices

Ducky Fun 3-in-1 Potty training chair. THE ASSOCIATED PRESS/FISHER PRICE

The Boon Potty Bench with side storage spaces for books, training supplies and wipes. THE ASSOCIATED PRESS/ BOON

The Magic Garden Potty Chair. THE ASSOCIATED PRESS/TEAMSON

Princess Potty Chair. THE ASSOCIATED PRESS/TEAMSON

The Riding Potty Chair. THE ASSOCIATED PRESS/ POTTY TRAINING BOYS BY POTTY SCOTTY

2-in-1 iPotty with Activity Seat for iPad. THE ASSOCIATED PRESS/ CTA DIGITAL

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Funding platform drawing crowds

Throw some pennies at that project. Crowdfunding has come into the spotlight of late, due to a certain mayor and his uncertain habits. As the money pours in to solve the videotape mystery, we take a look at some groups who made (arguably) better use of this business booster

RITA POLIAKOV
life@metronews.ca

The Cobra Wallet was born of a need to keep cash compact. SUBMITTED

When Christian Catalini first started studying crowdfunding in 2008, no one seemed to care.

"For a long time, it didn't receive a lot of attention. It was developing on the fringe," said Catalini, a PhD candidate at the University of Toronto's Rotman School of Management.

The first crowdfunding effort that caught Catalini's attention was a small organization out of Amsterdam meant to help the music industry there. Since then, crowdfunding has slowly exploded. According to Kickstarter, more than 2.2 million people pledged more than $319 million on the site, which funded 18,109 projects in 2012.

"The advantage of crowdfunding is it lowers the cost of capital. If you don't have a reputation, you can go online and create a profile," Catalini said.

Not all crowdfunding projects are successful, but the following were. Here's why:

Ubi
Kickstarter goal: $36,000
Funds raised: $229,500

Ubi, short for ubiquitous computer, is a voice-activated, portable computer that plugs into the wall and can answer questions, send emails and make phone calls.

"We wanted to do two things," said Leor Grebler, one of Ubi's creators. "One was to see if there was a market for what we were developing and the second thing was to actually be able to raise the money to develop it."

According to Grebler, to succeed on Kickstarter, a product needs to be unique. The creators should also do their research and avoid getting cocky.

"Don't assume people are just going to back your project," Grebler said, adding that his team reached out to social media and regular media to get the word out. Also, Grebler suggests keeping the goal low, especially on Kickstarter, where the project only gets funded if it reaches its goal.

Cobra Wallet
Kickstarter goal: $30,000.
Funds raised: $51,128.

This ultra-thin wallet was born out of a desperate search for a comfortable place to put cards and cash.

Alex Kennberg, who created the project with Joshua Moore, suggests having a prototype before looking for cash.

"If people see only renderings, a lot of things can go wrong. The further you can get (to the final product), the less risk there is for backers," he said.

Amin Abdossalami, Mahyar Fotoohi and Leor Grebler of team Ubi. SUBMITTED

Did you submit? Don't sit!

Don't just assume that if you build it they will come. Crowdfunding takes a lot of work.

Ariel Garten
InteraXon Media

And, of course, make a solid video with a clear message.

Muse
Indiegogo goal: $150,000.
Funds raised: $287,000.

Muse, made by InteraXon, is a brain-sensing headband that allows users to monitor brain activity. It could lead to controlling apps or games with our minds.

"Funding is not easy," said Ariel Garten of InteraXon.

"Don't just assume that if you build it they will come. Crowdfunding takes a lot of work," she said, adding that projects that do well are often "things that people can see using themselves."

The Muse headband invites users to see their brain in action. SUBMITTED

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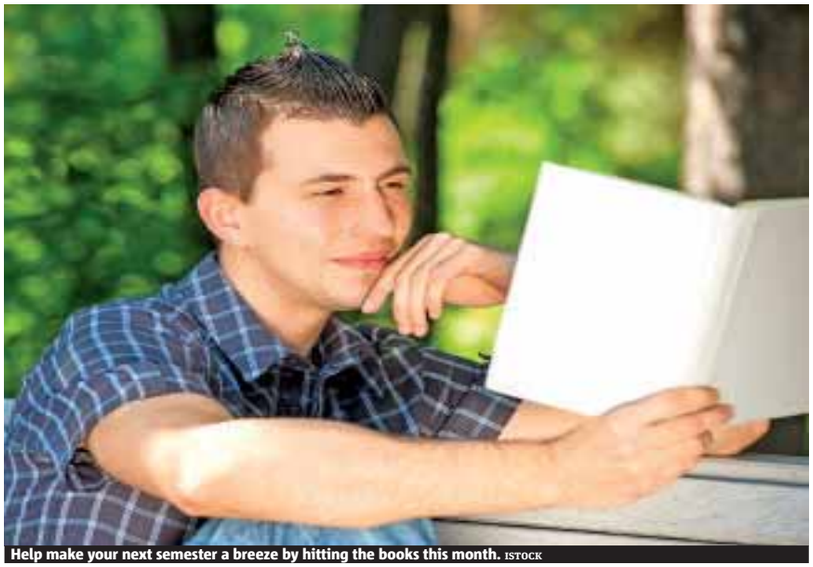
JULIA FURLAN
Metro World News


Help make your next semester a breeze by hitting the books this month. ISTOCK

Students who crack the books in the summer months reap the rewards all year round.

As the air conditioners hum and drip, the summer months in the city can be hot enough to send anyone running indoors.

Jamie Bilella, president of the North American Association of Summer Sessions — and dean at Montclair State University — says that while beating the heat, students of all types can benefit from summer classes that will round out their schedule and help them achieve their educational goals.

Take on a challenge

It can seem counter-intuitive, but Bilella says summer is an ideal time to tackle that tough course students may have been avoiding. "There may be one course that students are intimidated by, and the summer is an ideal time to take it," Bilella says. Because students often take fewer courses at a time in the summer months, he says "they can focus all of their energy on that challenge."

Stay on track

Graduating on time is good for the bottom line — and taking a summer course can help make that happen.

- "Maybe you're looking to catch up because you didn't take a heavy course load for a few semesters, or you want to get ahead to take advantage of a study abroad opportunity or focus on an internship," Bilella says.
- "Summer makes it possible to stay on track to graduation."

Explore

For students who want to think outside their major, summer can be a great time to do it. Bilella suggests that students who didn't get into the class they were coveting, or who want to try a new elective outside of their focus of study, should think about the summer. Also, if students have a course required for their major that they didn't get to take during the year, summer sessions can fill that gap so that they can start the fall semester with their degree requirements on track.

Get on it

Bilella says the biggest mistake people make regarding summer sessions is to miss out on them until later in their academic career. "Unfortunately, freshmen don't pay attention to the summer offerings until they're juniors," he says. "They should recognize the opportunities of summer and winter early on."

Power Engineering - 5th Class
Information Session
Learn more about the Power Engineering - 5th Class Certificate program and careers in this field. Meet instructors, ask questions, and learn about entrance requirements.
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HEALTH-CARE WORKERS

Monday, May 27, 2013

Motivation for medicine

Do you have a desire to heal? Ask yourself these questions if you want to enter field of medicine

Health-care professionals who perform these jobs are very different, but they have one thing in common — a desire to heal. ISTOCKPHOTO/THINKSTOCK

CHRIS EDWARDS
For Metro

Doctor, dentist, nurse, physiotherapist, chiropractor, midwife and more — the list of health-care careers available to you is long and varied. The professionals who perform these jobs are very different, but they have one thing in common — a desire to heal. If you want to be one of them, you must have that desire, too.

To help you decide what kind of health-care professional you might want to be ask yourself some of the following questions:

What matters to you more — variation or predictability? Does the thought of a job with daily new challenges excite you or just stress you out? Does a 9-to-5 workday sound comforting or boring? Within medicine alone you will find careers suited to any of these personality types.

Many factors motivate a student to choose medicine, says Dr. Tom Feasby, professor of neurology and past dean of the faculty of medicine at the University of Calgary.

"Certainly, the prestige that goes with being a doctor and the general respect one gets from the community positively influence choices, as do the expectations of a good income and job security. However, I think that other factors are stronger motivations, including the desire to make a difference and to help others. Some find the science appealing and others like the technical nature of some fields. I think that many others find the variety of experience and the options available intriguing."

Now consider your personality. Are you a people person? Are you the hands-on, physical type, or does a cerebral environment (like a lab) appeal more to you? Do you prefer working in teams, or alone? Do you like children?

Once you have answered some of these questions you can begin background research on the fields that interest you most. Read up on medical schools, colleges, government ministries and professional associations online. Approach your teachers, professors, or guidance counsellors for their perspectives. And, above all, make sure to speak to the men and women who work in these fields. There is no substitute for their experience.

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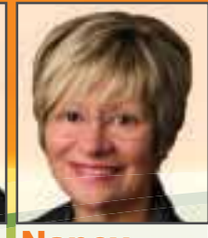

Nancy Allan
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Memorable profession.
Job diversity can be extremely rewarding

CHRIS EDWARDS
For Metro

Choose a career in health care and you can do a lot of good for other people. But it will do just as much good for you.

Health-care professionals enjoy a lot of flexibility — some have the freedom to work limited schedules in communities large or small. They are well-respected and well-compensated for the work they do. And their jobs are often memorable.

"In my line of work you meet new people all the time," says Dr. Sacha Bhatia, a cardiologist at Women's College Hospital in Toronto. "Not only do you get to help them, you get to hear their stories. You learn from them. No two days are the same."

Health-care professionals can learn from their colleagues, too.

Jill Fediurek is manager, immunization, at Public Health Ontario. She has also worked as a nurse educator and manager, and provided direct patient care.

"The diversity within nursing is extremely rewarding," she says. "It promotes lifelong learning."

Kinny Quan, a registered physiotherapist, enjoys helping others find their way, whether they are patients or younger colleagues.

"I have the opportunity to teach physiotherapy students, which is very rewarding," she says. "And it keeps me grounded."

Perhaps most importantly, health-care professionals can count on stable careers supported by professional associations with their best interests in mind.

It's a good feeling, says Bhatia.

"When you don't have to worry as much about job security you can focus your attention where it matters most — on the patient in front of you."

Health-care professionals, such as physiotherapists, can count on stable careers. JUPITERIMAGES/CREATAS/THINKSTOCK

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Date: May 27, 2013
Time: 6:00 p.m. - 7:30 p.m.
Location: Black Lecture Theatre (GM41)
Notre Dame Campus

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Shift work sleep disorder can be unhealthy. HEMERA/THINKSTOCK

Pillow talk

Shift work can play havoc with sleep

PETER MCKINNON
For Metro

Society runs around the clock, requiring some people to work while others sleep. By some estimates, up to 30 per cent of Canadians employed full time regularly work hours outside the normal range of 7 a.m. to 6 p.m. Today, it's not only doctors, nurses and emergency-response personnel who must burn the midnight oil, but also workers in call centres, gyms and casinos.

Without appropriate precautions, however, shift work can be unhealthy, according to Dr. Joti Samra, a clinical psychologist and researcher in Yaletown (Vancouver).

"Many suffer from shift work sleep disorder, a clinically recognized condition that results in chronic insomnia or fatigue" Samra says. "This can lead to a host of nasty illnesses, from cardiovascular disease and hypertension, to gastrointestinal disorders and even some forms of cancer."

According to Samra, three interrelated factors can make shift work unhealthy:

Disruption of the body's natural 24-hour clock: Many of the body's functions — from digestion to body temperature, blood pressure and pulse — are regulated by our so-called body clock.

Adoption or worsening of unhealthy behaviours: Research indicates that shift workers are more likely than others to smoke, drink heavily, eat poorly and have bodyweight issues.

Physiological stress: An interruption in sleep stimulates the body to release hormones that can lead to increased feelings of anxiety, depression, irritability and apathy, and decreased levels of concentration and focus. Some research suggests that long-term shift work can cause shrinkage in the two glands (amygdala and hippocampus) that control focus, concentration, morals and values.

Still can't sleep? Try this

- Various relaxation techniques — focus on slow, deep (diaphragmatic) breathing; visual imagery (count sheep or let your mind wander freely); progressive muscle relaxation (focus on relaxing each toe, then each foot and slowly work your way up the body).
- Let go of worry — if worrying keeps you awake, start a "worry log." Get out of bed, write down your worries and, for each one, answer three questions: What is the evidence for this worry? What exact problem must be solved? What can I do about it right now?

Sleep tips for shift workers

- Stick to a pattern — go to bed and wake up at around the same time each day (even on weekends).
- Go to sleep in the dark and wake up to the light (i.e., open the blinds or go outside with your coffee).
- Limit your napping (especially if you have trouble falling asleep when you are ready for bed).
- Expose yourself to outside light (i.e., open blinds) upon waking.
- No caffeine within five hours of bedtime.
- No nicotine or exercise within three hours of bedtime.
- Don't drink alcohol. Even one drink can interfere with the quality and restorative value of sleep.
- Restrict your bed to only two activities — sleep and sex. No television, computer, snacks or phone calls.
- Create a consistent and relaxing bedtime routine — make a clear distinction between daytime (alert) activities and bedtime (relaxing) activities.

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Egging it on in delicious ways

This recipe makes enough for two or three sandwiches. EGG FARMERS OF ONTARIO

A Classic Egg Salad Sandwich hits the spot on many occasions, but it's even better with a few added ingredients.

You can also rethink your traditional Egg Salad Sandwich and use the recipes as dips with crackers or sliced pita bread.

1. Place eggs in saucepan and fill with cold water to cover. Bring to a boil over medium high heat. Cover, remove from heat and let stand for 15 to 20 minutes. Drain and run under cold water until chilled. Refrigerate for at least 2 hours or up to 7 days.

2. Place peeled, hard cooked eggs in a bowl and using a fork or potato masher, mash eggs until finely chopped.

3. Stir in yogurt, mayonnaise, Dijon mustard, salt and pepper until smooth. Add celery and green onion (if using) and stir to combine.

4. Spread over your favourite bread, stuff into pita halves or scoop some onto your favourite salad greens.

Ingredients

- 4 eggs
- 2 tbsp (30 ml) plain non-fat yogurt
- 2 tbsp (30 ml) light mayo
- 1 tsp (5 ml) Dijon mustard
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1/4 cup (60 ml) celery, diced
- 1 green onion, chopped (optional)

Salmon Dill
Omit green onion. Add 1/4 cup (60 ml) smoked salmon, finely chopped, 1 tbsp (15 ml) fresh dill, chopped, and 2 tsp (10 ml) capers, chopped.

Pickle Bacon
Omit celery. Add 1 small dill pickle, diced, 2 strips of bacon, cooked and chopped, and 1 tsp (5 ml) horseradish (or more if desired).

Chili Avocado
Omit celery and green onion. Add half of avocado, diced, 1 tbsp (15 ml) red onion, minced, 1/2 tsp (2 ml) chili powder. EGG FARMERS OF ONTARIO

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Not only does Pizza Pizza offer cheap slices, but it also sells options like sandwiches and panzerottis. Although one choice is better than the other.

Pizza Pizza Cheese and Pepperoni Panzerotti

850 calories/ 46 g fat/ 1,890 mg sodium
You're getting about half your daily calories and 3/4 of your daily fat and a day's worth of sodium!

Equivalent

One Pizza Pizza Cheese and Pepperoni Panzerotti is equal in fat to 4.5 servings of Vanellis' spaghetti with meat sauce.

Pizza Pizza Sausage Sandwich

580 calories/ 22g fat/ 2,350 mg sodium
The ciabatta bun has almost 300 less calories and half the fat of the panzerotti dough even though the sausage is fatty.

Barbecue Chicken, minus grill or calories

1. Heat the oven to 350 F.

2. In bowl combine ketchup, adobo sauce, brown sugar, vinegar, mustard and garlic. Season with salt and pepper.

3. Line shallow baking dish with foil, leaving enough excess to overhang sides. Spread half of the sauce on foil in area just size of chicken breasts. Arrange breasts on top of sauce and spoon remaining sauce over top. Bring edges of foil up and over chicken and fold to enclose. Bake breasts on middle shelf of oven 20 minutes.

4. Meanwhile, in small skillet over medium, heat oil. Add breadcrumbs, thyme, a pinch of salt and some pepper. Sauté until light golden, 3 minutes. Set aside.

5. After chicken has baked 20 minutes, open up foil and spoon sauce that has fallen off chicken back on top. Sprinkle crumb mix evenly over chicken. Continue baking, uncovered, until chicken is just cooked through, another 8 minutes. Let stand for 5 minutes.

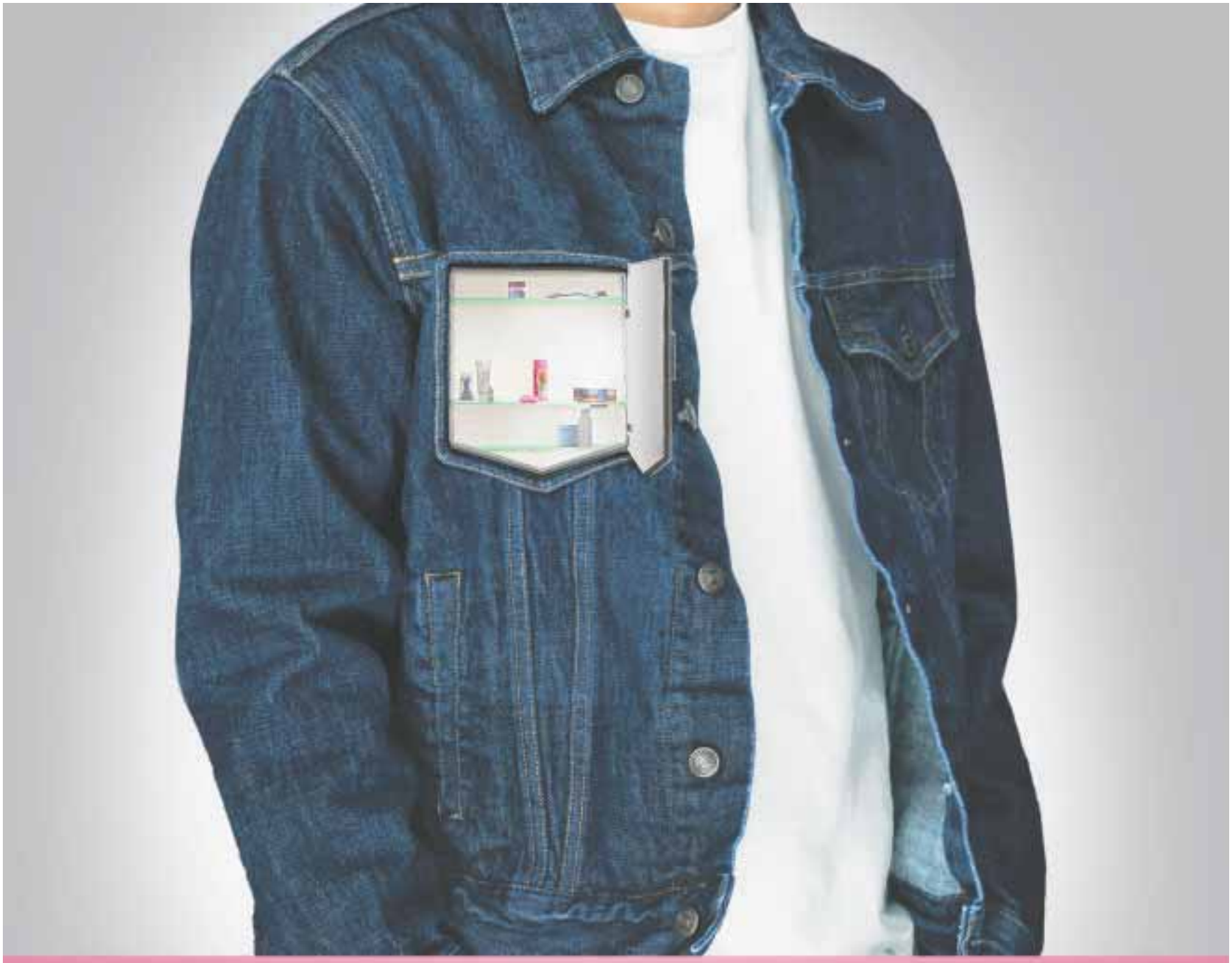
6. Carefully slice chicken, then divide between 4 serving plates, spooning any sauce and crumbs that have fallen off over the chicken slices.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

Ingredients

- 1/2 cup ketchup
- 1 to 2 tbsp adobo sauce (from a can of chipotles in adobo)
- 2 tsp dark brown sugar
- 2 tbsp cider vinegar
- 2 tbsp Dijon mustard
- 1 to 2 cloves garlic, minced
- Kosher salt and ground black pepper, to taste
- 1 lb boneless skinless chicken breasts without the filet (a total of 2 to 3 breasts, each about 3/4- to 1-inch thick)
- 1 tbsp extra-virgin olive oil
- 1/2 cup panko breadcrumbs
- 2 tsp chopped fresh thyme

This recipe serves four, and contains 240 calories and 5 grams of fat per serving. MATTHEW MEAD/ THE ASSOCIATED PRESS



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Halifax Mooseheads goalie Zachary Fucale and forward Darcy Ashley try to stop Portland Winterhawks blue-liner Seth Jones during the Memorial Cup championship game on Sunday night in Saskatoon. The Mooseheads won 6-4. DEREK MORTENSEN/THE CANADIAN PRESS

Mooseheads claim CHL's ultimate prize

Memorial Cup. Young star MacKinnon keys offence with hat trick to give Halifax its first-ever national title

Memorial Cup final

Mooseheads	Winterhawks
6	4

Nathan MacKinnon had three goals and two assists Sunday as the Halifax Mooseheads defeated the Portland Winterhawks 6-4 to win the MasterCard Memorial Cup.

MacKinnon's performance earned him the Stafford Smythe Memorial trophy as the tournament's most valuable player. He led the event with seven goals.

Fellow top prospect Jonathan Drouin assisted on five goals for the Quebec Major Junior Hockey League champions, who captured their first Canadian Hockey League title.

Konrad Abeltshauser added two goals and an assist, while Martin Frk had a goal and two assists for Halifax, which got 40 saves from Zachary Fucale as a team from the QMJHL won the Memorial Cup for the third-straight year.

Ty Rattie had a goal and three assists while Nicolas Petan added a goal and two assists for the Winterhawks. Seth Jones and Brendan Leipsic scored for Portland, while Mac Carruth made 35 stops for the Western Hockey League champions.

Leading 3-2 in the third, MacKinnon gave his team some breathing room at 7:36 with his tournament-leading sixth goal by chipping a puck past a fallen Carruth.

Abeltshauser then followed up on a MacKinnon rush to bury a rebound at 11:11 to make it 5-2.

Leipsic got one back for Portland at 14:32 and Rattie scored with 1:14 left to cut the deficit to one, but MacKinnon iced the game with 22.4 seconds remaining before the Mooseheads spilled onto to the ice to celebrate at the final buzzer.

THE CANADIAN PRESS

French Open

Raonic advances to second round

Canadian Milos Raonic passed his first test at Roland Garros, powering into the second round of the French Open with a victory over Xavier Malisse on Sunday.

The hard-serving 22-year-old from Thornhill, Ont., beat Belgium's Malisse 6-2, 6-1, 4-6, 6-4 in the match that was decided in just under two hours.

THE CANADIAN PRESS

Giro d'Italia

Nibali celebrates tour championship

Vincenzo Nibali coasted to the Giro d'Italia title in the final stage of the three-week classic Sunday, while Mark Cavendish won the 21st leg in a sprint finish for his fifth victory in this year's race.

Nibali took the overall leader's pink jersey after the seventh stage, never gave it up, and padded his lead by winning the final two mountain stages in dominating fashion.

THE ASSOCIATED PRESS

NHL playoffs

"If we had to start tomorrow, I think we'd be ready and be OK. But in the playoffs you can never have too much rest."

Pittsburgh Penguins captain Sidney Crosby. The schedule for the Eastern Conference final against the Boston Bruins has yet to be released. The Penguins ultimately will end up with four or more off-days after wrapping their series with the Ottawa Senators on Friday night.

Sharks force Game 7 by shackling L.A.'s offence

Kings goalie Jonathan Quick lets in Game 6's first goal off the stick of Sharks centre Joe Thornton at 6:09 of the first period. TONY AVELAR/THE ASSOCIATED PRESS

Game 6

Sharks	Kings
2	1

Joe Thornton got the Sharks off to a fast start with a power-play goal in the first period and TJ Galiardi added a goal in the second to help force a decisive seventh game with a 2-1 victory over the defending Stanley Cup champion Los Angeles Kings on Sunday night in San Jose.

Antti Niemi made 24 saves as the Sharks matched Los Angeles' three home wins in this series with a third of their own. San Jose won all three games by 2-1 scores.

Game 7 is Tuesday night in Los Angeles. While the Kings seemingly have the advantage of home ice that has been so paramount this series, road teams in NHL history are 8-8 in seventh games of series where the home team has won the first six games, according to STATS LLC.

Dustin Brown scored the lone goal for Los Angeles and Jonathan Quick made 24 saves. The Kings have lost 11 of 12 road games but have been unbeatable at home, winning all six playoff games and 13 straight at Staples Center.

The Kings tried to end it in San Jose, putting pressure on Niemi early in the final period in search of the equalizer. But they couldn't break through against a strong forecheck late.

THE ASSOCIATED PRESS

Kanaan wins long-overdue Indy 500

Crying under spilled milk. Brazilian breaks through after years of coming up short

The hard-luck loser no more, Tony Kanaan finally won the Indianapolis 500 on Sunday — with a bit of luck, at that.

In the mix all day during a record 68 lead changes, the popular Brazilian dipped inside defending IndyCar champion Ryan Hunter-Reay on a re-start with three laps to go and cruised from there under the yellow caution flag.

He flipped up his visor to wipe tears from his eyes as the crowd roared, and then poured the celebratory winner's milk over his head in Victory Lane.

"I have to say, the last lap was the longest lap of my life," Kanaan said. "I got a little bit of luck today. I was looking at the stands, and it was unbelievable. I'm speechless. This is it, man. I made it.

Tony Kanaan of Brazil pours the victory milk over his head.
ROBERT LABERGE/GETTY IMAGES

"It means a lot to (me) because so many people, I could feel that they wanted me to win, and it's such a selfish thing to do because what are they getting from it? I'm the one who gets the trophy. And if you can bring some joy to them ... the best thing was trying to put an exciting race for them. And I said it before the race, I believed that this win was more for people out there than for me."

Kanaan had his fair share of chances to win at Indianapolis Motor Speedway, but came up short time and time again. He was leading when the rain came in 2007, only to lose to Dario Franchitti when the race resumed.

In all, Kanaan went into Sunday's race with 221 laps led at Indy — more than any non-winner except Michael Andretti and Rex Mays — but his second-place finish to Buddy Rice in 2004 was the closest he had come to victory.

"We can disprove the theory that nice guys don't win. We proved that wrong," Kanaan said.

This time, it was Franchitti whose crash brought out the final caution to seal Kanaan's victory.

THE ASSOCIATED PRESS

Mercedes' Rosberg wins an ode to his father

Nico Rosberg leads Sebastian Vettel and Mark Webber of Australia during the Formula One Monaco Grand Prix on Sunday. Rosberg kept his cool to win F1's showcase race, giving Mercedes its first win of the season while emulating his father Keke Rosberg's victory from 30 years ago. CLAUDE PARIS/GETTY IMAGES

Golf

Boo Weekley earns first win in 5 years at Colonial

Boo Weekley made three consecutive birdies in the middle of his round to take the lead at Colonial, and finished with a 4-under 66 on Sunday for his first PGA Tour victory in five years.

Weekley never trailed after those birdies on holes 8-10, which came about the same time Scott Stallings made double bogey at No. 15 to drop out of the lead.

At 14-under 266, Weekley finished a stroke ahead of Matt Kuchar, the second- and third-round leader who closed with a 68. Defending Colonial champion Zach Johnson finished third. THE ASSOCIATED PRESS

NHL PLAYOFFS

CONFERENCE SEMIFINALS

(BEST-OF-7 series; All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) VS. OTTAWA (7)

(Pittsburgh wins series 4-1)
Friday's result
Pittsburgh 6 Ottawa 2

BOSTON (4) VS. N.Y. RANGERS (6)

(Boston wins series 4-1)
Saturday's result
Boston 3 N.Y. Rangers 1

WESTERN CONFERENCE

CHICAGO (1) VS. DETROIT (7)

(Detroit leads series 3-2)
Saturday's result
Chicago 4 Detroit 1
Monday's game
Chicago at Detroit, 8 p.m.
Wednesday's game
x-Detroit at Chicago, TBD

LOS ANGELES (5) VS. SAN JOSE (6)

(Los Angeles leads series 3-2)
Sunday's result
Los Angeles at San Jose
Tuesday's game
x-San Jose at Los Angeles, TBD
x — played only if necessary

NBA PLAYOFFS

CONFERENCE FINALS

(BEST-OF-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS INDIANA (3)

(Series tied 1-1)
Sunday's result
Miami at Indiana
Friday's result
Indiana 97 Miami 93
Tuesday's game
Miami at Indiana, 8:30 p.m.

WESTERN CONFERENCE

SAN ANTONIO (2) VS MEMPHIS (5)

(San Antonio leads series 3-0)
Saturday's result
San Antonio 104 Memphis 93 (OT)
Monday's game
San Antonio at Memphis, 9 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	30	19	.612	—
Boston	31	20	.608	—
Baltimore	27	23	.540	3½
Tampa Bay	25	24	.510	5
Toronto	21	29	.420	9½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	28	20	.583	—
Cleveland	27	22	.551	1½
Chicago	24	24	.500	4
Kansas City	21	26	.447	6½
Minnesota	19	28	.404	8½

WEST DIVISION

	W	L	Pct	GB
Texas	32	18	.640	—
Oakland	28	23	.549	4½
Los Angeles	23	27	.460	9
Seattle	21	29	.420	11
Houston	14	36	.280	18

Sunday's results
Toronto 6 Baltimore 5
Detroit 6 Minnesota 1
Boston 6 Cleveland 5
Tampa Bay 8 N.Y. Yankees 3
Chicago White Sox 5 Miami 3
L.A. Angels 5 Kansas City 2
Oakland 6 Houston 2
Seattle 4 Texas 3 (13 inn.)
Saturday's results
Baltimore 6 Toronto 5
Boston 7 Cleveland 4
L.A. Angels 7 Kansas City 0
Minnesota 3 Detroit 2
N.Y. Yankees 4 Tampa Bay 3 (11 inn.)
Chicago White Sox 2 Miami 1
Oakland 11 Houston 5
Texas 5 Seattle 2
Monday's games — All times Eastern
Pittsburgh (Liriano 3-0) at Detroit (Verlander 5-4), 1:08 p.m.
Colorado (Chacin 3-3) at Houston (Norris 4-4), 2:10 p.m.
St. Louis (Wainwright 6-3) at Kansas City (Shields 2-5), 2:10 p.m.
Miami (Fernandez 2-2) at Tampa Bay (Odorizzi 0-0), 3:10 p.m.
San Francisco (Bumgarner 4-2) at Oakland (Straily 2-2), 4:05 p.m.
San Diego (Richard 0-4) at Seattle (Harang 1-5), 4:10 p.m.
Atlanta (Hudson 4-3) at Toronto (Buehrle 1-3), 7:07 p.m.
Chicago Cubs (Samardzija 2-6) at Chicago White Sox (Quintana 3-1), 7:10 p.m.
Philadelphia (Cloyd 1-0) at Boston (Aceves 1-1), 7:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	30	18	.625	—
Washington	26	24	.520	5
Philadelphia	24	26	.480	7
New York	17	29	.370	12
Miami	13	37	.260	18

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	32	17	.653	—
Cincinnati	31	19	.620	1½
Pittsburgh	31	19	.620	1½
Milwaukee	19	29	.396	12½
Chicago	19	30	.388	13

WEST DIVISION

	W	L	Pct	GB
Arizona	28	22	.560	—
San Francisco	28	22	.560	—
Colorado	27	23	.540	1
San Diego	22	27	.449	5½
Los Angeles	20	28	.417	7

Sunday's results
Chicago Cubs 5 Cincinnati 4 (10 inn.)
Washington 6 Philadelphia 1
Pittsburgh 5 Milwaukee 4
San Francisco 7 Colorado 3
St. Louis 5 L.A. Dodgers 3
Arizona 6 San Diego 5
Atlanta at N.Y. Mets
Saturday's results
San Francisco 6 Colorado 5 (10 inn.)
Cincinnati 5 Chicago Cubs 2
Pittsburgh 5 Milwaukee 2
L.A. Dodgers 5 St. Louis 3
Philadelphia 5 Washington 3
Atlanta 6 N.Y. Mets 0
San Diego 10 Arizona 4
Monday's games — All times Eastern
Baltimore (Hammel 6-2) at Washington (Gonzalez 3-2), 1:05 p.m.
Cleveland (Jimenez 3-3) at Cincinnati (Leake 4-2), 1:10 p.m.
Minnesota (Correia 4-4) at Milwaukee (Peralta 3-5), 2:10 p.m.
Texas (Perez 0-0) at Arizona (Skaggs 0-0), 3:40 p.m.
N.Y. Yankees (Hughes 2-3) at N.Y. Mets (Niese 3-5), 7:10 p.m.
L.A. Angels (Wilson 4-3) at L.A. Dodgers (Greinke 2-1), 8:10 p.m.
Texas (Darvish 7-2) at Arizona (Cahill 3-5), 9:40 p.m.

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Horoscopes

Aries
March 21 - April 20
Don't waste time on petty arguments today, or at any stage throughout the coming week. What other people say and do is completely irrelevant to what you have got planned.

Taurus
April 21 - May 21
It would appear that some of the people you now have to deal with are more interested in having a good time than discussing important issues. That's their choice to make – but you can choose to get new partners too.

Gemini
May 22 - June 21
It may be your time of year and most things may be going right for you but don't let your guard down. Saturn suggests a rival is angling for ways to make themselves look good at your expense.

Cancer
June 22 - July 23
If you make a blunder of some sort today you must own up to it immediately. There are far more important things you will need to worry about later in the week.

Leo
July 24 - Aug. 23
For some reason you appear to believe that others are out to get you. Why should that be? You're such a likeable Leo! Rest assured it's not in the least bit true.

Virgo
Aug. 24 - Sept. 23
Different people see things in different ways and if you keep that thought in mind today you won't go far wrong. There is really no need to get worked up about petty differences.

Libra
Sept. 24 - Oct. 23
Don't get disheartened if you have fallen behind in your work schedule. There is still plenty of time to get done what has to be done and panicking won't make it easier.

Scorpio
Oct. 24 - Nov. 22
Try to get friendly with someone you think of as a rival, maybe even an enemy. It could well be that they are not nearly as nasty as you think they are.

Sagittarius
Nov. 23 - Dec. 21
You know how to say the right thing at the right time and today you can charm the birds from the trees. One person in particular will be so enthralled that an offer is likely to follow.

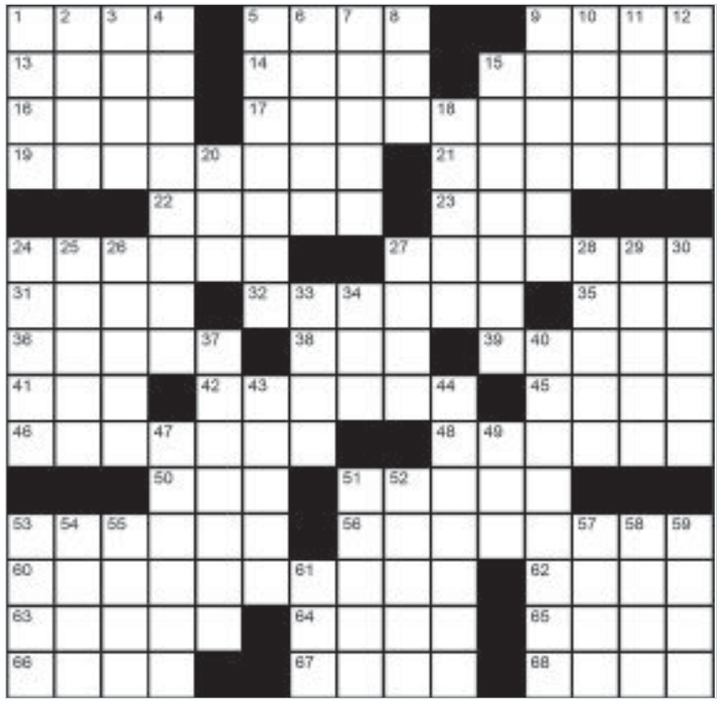
Capricorn
Dec. 22 - Jan. 20
Let your hair down a little today. You may have important tasks to complete but you know they can wait. Nothing is so important that it cannot be put off until tomorrow — though tomorrow they MUST get done.

Aquarius
Jan. 21 - Feb. 19
Any ideas or insights you get over the next 24 hours are likely to be important, so don't dismiss them as wild imaginings. What you think about in the present is what you will be doing in the future.

Pisces
Feb. 20 - March 20
Identify your priorities and focus on them to the exclusion of everything else. The more others try to tempt you to do something else the more you must resist. **SALLY BROMPTON**

Crossword: Canada Across and Down

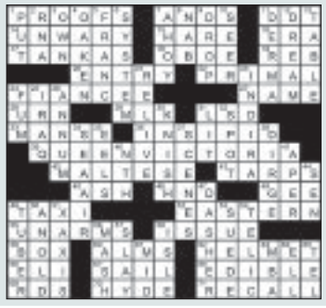
BY KELLY ANN BUCHANAN



Across
1. Pulled tightly
5. Becomes beyond betrothed
9. "__ It": 1980 hit for Devo
13. Shoe prop, __ support
14. Water blue
15. Ms. Davis of TV/movies
16. Dorothy of Oz's surname
17. Corey Hart hit: "__ at Night"
19. Federal info gathering/producing agcy.
21. "Hmmm... let me mull it over.": 2 wds.
22. Young horses
23. Wheat: French
24. Popular 1960s record label
27. Julia Louis-__ of "Seinfeld"
31. Addict
32. Come into sight
35. Ms. Gasteyer of ABC comedy "Suburgatory"
36. Preps for painting, as a chair
38. Tree type
39. Fabric measurements
41. Nickname of a President
42. __ Brook, Newfoundland
45. Does well, as on an exam
46. CRT = __ ray tube
48. Solar System model
50. Be in debt
51. Steer clear
53. Pleasant promenade
56. Taking away
60. Canadian magazine since 1928
62. Shakespeare, The Bard of __
63. Paddled
64. Get wind of
65. Proportionately, Pro __
66. Bound
67. Shakespeare's __ Well That Ends Well
68. Acknowledged

Down
1. Labels
2. Smell _ __ (Be suspicious)
3. Calif. campus
4. __ Mines, Quebec
5. Regina's __ Creek
6. Peer
7. Big name in Canadian smoked meat
8. Wilt
9. Actor Mr. Snipes
10. Hamilton's __ Village
11. Bellybutton type
12. Matador maneuver
15. National __ of Canada (Art attraction in Ottawa)
18. The Balance
20. Scatter seed
24. Madonna song
25. City of Honshu in Japan
26. Principle
27. Dog's playful move
28. Zany comedy
29. Anesthetized
30. Cheeky
33. Non-__ clogging, as some makeup
34. Tin __ Alley
37. Glowered
40. Termite-muncher
43. Nancy of "Entertainment Tonight"
44. Boarding house tenants
47. Communicated, owl-style
49. __ de Janeiro
51. Spirit in Shakespeare's The Tempest
52. Corruptible
53. Ewan McGregor, for one
54. Noodle dish, Pad __
55. Uncommon
57. Canadian filmmaker Mr. Reitman
58. Memo
59. Eat away at
61. '80s band from Norway

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

1	4	7	6	9	2	8	3	5
5	6	2	4	8	3	1	9	7
8	9	3	7	5	1	4	6	2
2	8	5	9	7	6	3	1	4
9	3	1	8	2	4	7	5	6
4	7	6	1	3	5	9	2	8
3	2	9	5	4	7	6	8	1
7	1	8	2	6	9	5	4	3
6	5	4	3	1	8	2	7	9

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 21° MIN: 13°	MAX: 24° MIN: 16°	MAX: 28° MIN: 17°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Save the Children/Sam Tarling

SYRIAN REFUGEE CRISIS

More than 1.4 million Syrians have fled – up to 7,000 people leave each day. They are desperate for clean water, food, and shelter. Urgent help is needed now.

HUMANITARIAN COALITION

care OXFAM Canada OXFAM Québec Plan Save the Children

Together saving more lives

The cost of this ad has been generously donated by: metro

CRISIS ALERT: Donate online at together.ca or call 1-800-464-9154

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Vision loss can happen to anyone, at any age. Fortunately, 75% of vision loss can be prevented or treated if diagnosed early.
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cnib
seeing beyond vision loss
MB DOCTORS OF OPTOMETRY

JOIN CNIB'S DAY OF ENGAGEMENT

(Weather permitting - activities will also be located in the greenspace across the street)

WEDNESDAY MAY 29 11AM – 2PM
1080 PORTAGE AVENUE

•SUNGLASSES $5 / PAIR $20 / 5 PAIRS •HOTDOG VENDOR ON SITE 50 cents from every full meal purchased will be donated to CNIB.
•LEARN HOW TO PROTECT YOUR EYES •TRY VISION SIMULATORS •JOIN A TOUR OF CNIB
•PLAY INTERACTIVE GAMES •PRIZES TO BE WON! •MASCOT RACES

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